

**Claims**

1. The use of purified thylakoids in the making of an oral composition for treating or preventing a disease or disorder involving the formation of reactive oxygen species or inflammation.
2. The use of purified thylakoids in the making of an oral composition for preventing oxidative damages to components of the composition.
3. The use of claim 1 or 2, wherein the oral composition is food or food supplement.
4. A method for treating or preventing a disease or disorder involving the formation of reactive oxygen species or inflammation, in a subject, which comprises the step of orally administering an effective dose of purified thylakoids.
5. An oral composition comprising purified thylakoids and a carrier for oral ingestion or oral administration, with the proviso that the carrier does not essentially consists of water, physiological saline or propylene glycol.
6. The oral composition of claim 5, which is food or food supplement.
7. The oral composition of claim 5, which is a medication selected from the group consisting of a pellet, encapsulated granules and encapsulated powder.

**SUBSTITUTE SHEET**

8. The oral composition of claim 5, wherein the carrier is present in an amount of 0.01% to 95% (w/w).
- 5 9. The use or method or composition as defined in any one of claims 1 to 8, wherein the purified thylakoids are present in an amount which achieves a dosage of 0.1 to 10 mg per Kg of a subject's body weight.